

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

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MARCH 2018

Volume 10 Issue 3



Hopefully the winter weather is behind us and we can look forward to "Springing Ahead" with daylight savings time on Sunday, March 11th. On Tuesday, March 20th we will welcome the first day of spring!



Mark Your Calendar: Senior Center OPEN HOUSE—April 25th

from 4:00pm to 8:00pm. The Senior Center will be hosting an open house! We would like to "show off" our beautiful building as well as all we have to offer. There will be live demos, music, refreshments, valuable information, free raffles, giveaways and more. Best of all... it's FREE! Bring your family, tell your friends. This is the perfect time for anyone who has not been in to see the center and get a tour!

SOME IMPORTANT REMINDERS

PARKING: Please DO NOT park curb-side by the front entrance of the center. This area is reserved for bus/van drop offs as well as emergency vehicles. Please keep this area clear.

Remember to use your scan cards to sign in for ALL activities including lunch or even just coffee and chatting. Record of your attendance helps us with grants and funding! If you do not have a key tag you can speak to anyone at the reception desk. Sign-up, sign-in, it's free!

Welcome college intern, Rachel, from UMass Lowell - We are fortunate to have Rachel here for the spring semester. Rachel is in her senior year in the Nutritional Science Program at UMass Lowell. You will see her helping with the soup/salad bar on Wednesdays. Rachel will also be hosting a **Nutrition Club on Friday mornings at 11:30am in the conference room.** This workshop will help teach you about making healthy choices in restaurants, shopping for healthy foods on a budget, easy and nutritious meal ideas and ideas for healthy snacking. There will be plenty of nutrition discussions with time for questions and answers as well as a hands-on healthy snack recipe each week. Don't miss this opportunity to find out how enjoyable and easy eating healthy can be. No sign-up necessary... just drop in. Free snack provided each week!

Senior Center Hours:

Monday – Friday

8:00AM until 4:00PM

We will also be open for all *scheduled* activities outside regular hours.

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**TRIPS AND EVENTS, Submitted by Diane Dunlevy,
Activities Coordinator**

UPCOMING DAY TRIPS

Dreamland Wax Museum, Boston, MA

Thur., March 29th, 9:30am departure, Cost \$50/pp

Trip will include coach bus transportation, museum pass, lunch. The museum consists of two floors with over 100 stunning wax figures. You can "rub elbows" with celebrities, local Boston icons and historical heroes. Visit the Hall of Presidents or sit at the desk in the Oval Office replica! This is a fun and interactive adventure. Moderate walking is required. Picture taking and/or selfies encouraged! Watch for more details.

AFTERNOON TEA, Friday, May 11, Cost \$45/pp

Tea Time 2:30pm

Wenham Tea House, Wenham, MA

Trip includes: Coach bus transportation and Afternoon Tea

This elegant experience will be meticulously crafted. All services are presented on a three-tiered stand with scone, preserves and homemade clotted cream, traditional tea sandwiches, assorted miniature desserts, and tea served in a glass tea pot. We hope you will join us at America's oldest Tea House.

The SILVERTONES — MARCH DANCE

Singles & couples dance featuring big band music and line dances. **Friday, March 16th, 7-10 pm**, Tickets are \$10/person with coffee & cake served during the break.



Tickets can be purchased at the door.
Mark your calendar...
Silvertones Dances are the third Friday of each month!

AFTERNOON DANCES - We are fortunate to have **DJ Jon Mansfield** here for daytime dances. Dances are for singles and couples. The next dance will be held on Monday, March 26th.

Please note: Sign-up by Wednesday of the week before and lunch will be included in the \$5 ticket cost. Tickets are also available at the door.

SAVE THE DATE

Thursday, June 14 - Ogunquit/Perkins Cove

This day trip takes you by coach bus to the southern coast of Maine to the charming town of Ogunquit. There will be plenty of time for shopping and enjoying lunch. You will be sure to enjoy the amazing ocean view and the Marginal Way. We will top off the day with a visit to Stonewall Kitchen in York for browsing, shopping and tastings.

Thursday, July 26 - Woodman's of Essex - Serving up

hearty and delicious portions of seafood year-round. Join us for a day trip to Woodman's for a delicious lunch in Essex, MA (located near Gloucester). On this day trip you will travel on coach bus where you can order off the menu from a wide variety of New England favorites. Additionally, nearly every item on the menu can be made Gluten Free! Good news for those with a food allergy. After lunch we will return but not before stopping at Richardson's Farm in Middleton for an ice cream! Now, that's a great plan for a summer's day.

VILLA ROMA Resort, Callicoon, NY, early June

All-inclusive, getaway package Price: TBD

Experience a hotel stay like no other at Villa Roma Resort located in the Catskill Mountains. Trip will include transportation, welcome reception, nightly music and entertainment, daytime activities, pool & Jacuzzi, bocce & shuffleboard courts and more. Special pricing for a side trip to the NEW casino, Resorts World. Pricing and details will be available by April 2. You can sign-up on an Interest List at the reception desk.

**Tewksbury Senior Center's Travel 8-Ball Team First Place
Winners of the Mass Senior Travel 8-Ball,
Northeast Division, Fall 2017**

Pictured Left to Right: Gerry Carrigg, Joe Tarlowski, Bill Harrington, Joe Campbell, Gene Leary, George Yore, and Paul Muse Front and Center: Jim Nolan



Congratulations!



Thank you to Life Care Center of Merrimack Valley for providing a delicious lunch for this event this month!

Council on Aging Staff



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Arlene Wright

Spring Cleaning Tips

Nicole Hutcheon, Community Outreach Coordinator

Check the Medicine Cabinet- Get rid of expired, unused medication. (The police station has a drop-off bin located by the entrance to dispose of expired and unused medication)

Clean Up Clutter- Trips and falls are likely to happen when you accumulate too much "stuff". Make sure to maintain a clear walkway that is easy to navigate.

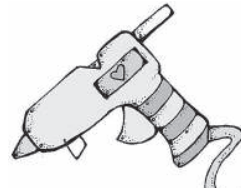
Have an Emergency Plan in Place- Know who to call in an emergency and have your phone programmed accordingly.

Never Try to Move Heavy Objects or Furniture on Your Own- Don't stand on a chair or ladder to clean hard to reach spots or change light bulbs.

Safety Testing- Run a test on your smoke alarm system and carbon monoxide detectors to ensure batteries for detectors are functional. Check the expiration date on your handheld fire extinguishers and remind yourself to monitor the device every once in a while. Emergency kits should be assessed often and restocked in the Spring and Winter. General contents may include: a flashlight and spare batteries, thermometer, Band-Aids, scissors, tape, triple antibiotic ointment, wound care dressings, allergy and digestive medications, protein bars, a current medication list and names and phone number of family or friends to contact list in an emergency.

ATTENTION CRAFTERS!

Craft Classes are starting up again beginning on Wednesday, April 4th. Classes will be held every Wednesday from 9:00-11:00am in the Arts & Crafts Room. No Sign-up necessary, just drop in! We have many fun and creative projects we will be working on throughout the year. See below for a list of what we have planned so far. If you love to create, would like to share your time and talents then please join us. For question or more information please contact or Arlene Wright at 978-851-2809.



April	Decorate Memorial Day Wreaths
June	Greeting Card Decorating Classes
October	Halloween Pumpkin Decorating Workshop/Contest
Nov-Dec	Create theme and decorations for Festival of Trees
Nov-Dec	Christmas Gift Project, create cards & small gift items
December	Swinging Seniors Concert— Create pin or ornament for guests

We wish to extend our thanks to Circle Home Health Care for providing us with free blood pressure checks on Mondays.



Thank you for providing our seniors with this valuable service.

SOUP & SALAD BAR

Tuesdays & Wednesdays
11:30am - 12:30pm

Thank you to all of the wonderful volunteers who make the Salad Bar happen every week. There are volunteer opportunities on Mondays, Tuesdays and Wednesdays. If you would like to volunteer to help, please call or see Jan in the office.

The Swinging Seniors

Chorus practice will resume on Tuesday, February 20th at 3:00pm in the atrium at the Senior Center. No prior sign up necessary, just drop in.



NEW MEMBERS WELCOME!

WEEKLY SCHEDULE

(Special Events & Schedule Changes See Page 7)

MONDAY	
AM 9:00 Forever Fit 9:30 Men's Yoga 9:30-11:30 Blood Pressure Clinic provided by Circle Home Health (Except 4th Monday, 11am-1pm) 10:15 Therapeutic Yoga	PM 11:30-1:30pm Knitting/ Crocheting Group 12:30 45's 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga
TUESDAY	
AM 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Movin' & Grovin' Exercise 11:00-4 Piecemakers for Charity 11:30-12:30 Salad Bar	PM 12:30 ZINGO 1:00 Independent Painting 5:00 Muscle & Meditation Workout and Yoga 6-9 Open Sew Night (1st & 3rd wks/month)
WEDNESDAY	
AM 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Muscle Strength&Yoga 10-11 Town Nurse Office Hours 10:30 Country Line Dance Class 11:30-12:30 Salad Bar	PM 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:00 Gentle Chair Yoga
THURSDAY	
AM 8:45 Tap Dancing 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works	PM 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:30 Chair Yoga 5:00 Muscle & Meditation Workout and Yoga
FRIDAY	
AM 8:30 Walking Club 9:30 Bone Builders #3 11-11:30am Meditation	PM 12:30 International Mah Jong

SHINE a Little Light, Submitted by Patty Sasso

New Medicare cards are coming! Social Security numbers will no longer be used on Medicare cards to prevent identity theft. Instead, each Medicare beneficiary will receive their own new unique Medicare number.

Medicare will mail new cards over a one year period between April 2018 and April 2019. Because it will take a year for everyone on Medicare to get their new Medicare cards, it is possible other people you know on Medicare will get their new Medicare card at a different time than you.

You do not need to do anything to receive a new Medicare card except to make sure the Social Security Administration has your correct address. To change or update your address go to www.ssa.gov or call 800-772-1213.

Medicare will not call you or ask for personal information in order to send you a new card. Medicare already has that information. So don't be tricked into sharing your personal information with anyone who calls to offer to get you your new Medicare card sooner, or is calling to confirm your Medicare or Social Security number. **DO NOT** give out your personal information over the phone even if they say they are from Medicare!

Medicare will accept your old card/number through December 31, 2019, but once you get your new Medicare card, destroy your old one and use the new one.

The new Medicare numbers will not change your Medicare benefits. You may start using your new Medicare card as soon as you receive it. Providers have secure look up options for quick access to Medicare numbers when needed.

If you have questions, concerns or believe you have been a victim of a scam, call the Massachusetts Senior Medicare Patrol (MA SMP) Program at 800-892-0890. If you have any questions about Medicare's plan for distributing new Medicare cards, you can check www.Medicare.gov for the latest updates.

DO YOU HAVE QUESTIONS ABOUT MEDICARE OPTIONS OR BENEFITS?

Your SHINE Counselor can help! SHINE Counselors provide free, accurate, unbiased information regarding health insurance and health care options to people with Medicare. Retiring soon? Recently moved to the area? Don't understand how to read your Medicare Summary Notice? Drug Costs increasing? Questions about the new Medicare Card? **Call 978-640-4480 and make a SHINE appointment at the Tewksbury Senior Center.**



A special thank you to the
Executive Office of Elder Affairs
 for supporting our newsletter!

A WARM THANKS from Celene Aghajanian
Perhaps you donated or dropped off some silk flowers for me to use, worked in the Gift Shop setting out and selling wreaths, helped me with putting together wreaths and arrangements, and/or helped with decorating the Center... A warm and heart-felt thanks and appreciation to everyone who pitched in to help make our Senior Center beautiful for each season and holiday this past year. I look forward to working with everyone again this coming year. Many thanks for what you all do to help make the center beautiful, warm and welcoming. A special thanks to Ann Favalora, Sheila Mancuso, Barbara Daley, Anita Gonsalves and Grace Cristiano for helping with the decorating during the Christmas Holiday Season. We couldn't have done it without you all. Thanks also to Grace Cristiano for collecting up all those pine cones. They looked beautiful on the wreaths! Volunteers are always needed. Please fill out a volunteer form w/Jan in the office if you would like to help.



EARTH DAY,

Submitted by Kyle Boyd, Community Development

The Town of Tewksbury will be hosting a Community Improvement Earth Day event on Saturday April 21st this year from 9am to 2pm. The day will consist of various projects going on throughout Town that will collectively improve Tewksbury's natural resources as well as increase the ability for residents to enjoy those resources. Included in the list of projects this year will be the creation and improvement of two parks along the Shawsheen River, the creation of a nature trail behind the High School, improvements to the Long Pond Watershed, park improvements at the Chandler Well Fields and Rogers Park, and trail marking along the Bay Circuit Trail.



We are seeking all the help we can get! If you are interested in getting involved please feel free to email the Community Development Department; kboyd@tewksbury-ma.gov or call 978-640-4370 with any questions you may have!

10-WEEK SUPPORT GROUP—MOVING ON A support and therapy group for parents with dependent adult children. Meet other people in a similar situation, learn to communicate your needs, reduce conflict, encourage independence and move forward with your life. Tuesdays, March 6 though May 8, at 3:0pm to 4:30pm at the Tewksbury Senior Center. To register, call Michelle Jolson at 978-946-1457 or Brenda Conlon at 978-946-1236.

Do you have a photo or pertinent information to share? Then, let us know. Submissions for the newsletter can be placed in Diane Dunlevy's mailbox in the office suite. Articles/photos will be reviewed by the director and put in the newsletter if space allows.

COA (SENIOR CENTER) TRANSPORTATION SERVICES

The Tewksbury Council on Aging provides transportation to all locations within Tewksbury and to medical appointments in surrounding towns. Currently, our service area is within a 7.5 mile radius of the Senior Center. We hope to increase our area of coverage as our transportation program grows. We are currently operating two vans Monday-Friday and have two part-time drivers on staff. We will do our best to accommodate all requests and please note that Medical Appointments take priority.

- **In-Town** Errands and Medical Appointments- \$1 each way
- Friday morning **trip to Market Basket** at Oakdale Plaza- \$2 round trip (occurs weekly)
- **Out-of-Town Medical Appointments Only** - \$2 each way
- **Long-Distance Medical Appointments**, such as Boston and Burlington, with the help of our friends at the Dracut COA. We will transport you to and from the Dracut Senior Center, where you will transfer to their long-distance medical bus. Cost varies based on destination. Appointments should be made between 11am-1pm.

Sign up by calling the Senior Center at 978-640-4480, ext. 292 (transportation extension). Leave a message and someone will get back to you as soon as possible. Make sure to include the following information in your message:

- Name
- Address
- Phone number
- **Where** you would like to go
- **When** you would like to go and appointment time if applicable
- Whether you need a one-way ride or if you need a return ride home and at what time that would be
- Any mobility restrictions/devices and if you require use of the wheelchair lift
- And if you will be accompanied by a companion

Please Note: If you are having a procedure that requires sedation or dilation of eyes, etc. where the doctor wants someone to drive you home, and/or stay with you for any period of time, please make sure you have a friend or family member escort you. The van driver is not allowed to leave their vehicle to pick you up at the doctor's office. COA and Road Runner transportation services are "curb to curb". Companions may accompany you for free.






March 2018 Lunch Menu-Served daily at the Senior Center

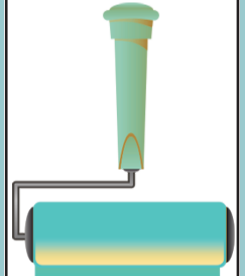
Provided by Elder Services of the Merrimack Valley

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch available daily @ 11:30am. Sign-up at least two days in advance. \$2.00 voluntary donation requested per meal.				
5 BBQ Pulled Pork Sweet Potatoes Corn Applesauce Dinner Roll	6 Honey Lemon Chicken Vegetable rice pilaf Broccoli Oat Bread Diet Gelatin	7 Beef Barley Soup Cheeseburger, Bun Ketchup Mixed Veggies Roasted Potatoes Fresh Fruit	1 American Chop Suey Zucchini & Summer Squash Parmesan Cheese Peaches Dinner Roll	2 Breaded Pollock Potatoes O'Brien Green Beans Pudding/Diet Pudding Tartar Sauce, WW Bread
12 Chicken Scallopini w/Sauce Parmesan Risotto Capri Blend Veggies WW Bread Mandarin Oranges	13 Meatball Sub Pasta w/Marinara Sauce Parmesan Cheese Cauliflower Peaches	14 Vegetable Soup Vegetable Frittata Roasted Potatoes, Apples Dinner Roll Juice Yogurt	8 Open Faced Turkey Sandwich w/Gravy & Cranberry Sauce Mashed Potato Peas Cookie/Lorna Doones	9 Macaroni & Cheese w/Crumb Topping Peas WW Roll Pears
19 Turkey A La King Noodles Carrots Pears Multigrain Bread	20 LS Hot Dog/Roll Pork Baked Beans Potato Chips Mandarin Oranges	21 Tomato Soup Meatloaf w/Gravy Mashed Potatoes, Beets WW Bread Fresh Fruit	15 Special Corned Beef, Au Jus Cabbage & Carrots Steamed Potatoes Honey Wheat Dinner Roll Mint Brownie/Diet Pudding	16 Mediterranean Fish Lemon Rice Creamed Spinach Chef's Dessert Oat Bread
26 Bourbon Chicken White Rice Asian Blend Veggies Oat Bread Fruit Loaf/Lorna Doones	27 Taco Style Ground beef with peppers and onions Corn, Spanish Rice, Tortilla, Lettuce, Cheese Sour Cream Mixed Fruit	28 NE Clam Chowder Baked Fish w/Breadcrumbs Roasted Potatoes, Peas WW Roll Yogurt	22 Birthday Chicken Broccoli Alfredo Pasta w/Sauce Summer Squash Tiramisu/Angel Food Cake WW Dinner Roll	23 Stuffed Shells Marinara Sauce & Parmesan Chef's Vegetable Italian Bread Diet Gelatin
			29 Smothered Pork w/Sauce Sweet Potatoes Collards Applesauce Italian Bread	30 Veggie Lasagna Marinara Sauce/Parmesan Warm Peach Crisp Side Salad w/Dressing Dinner Roll

March 2018 Schedule of Monthly Events

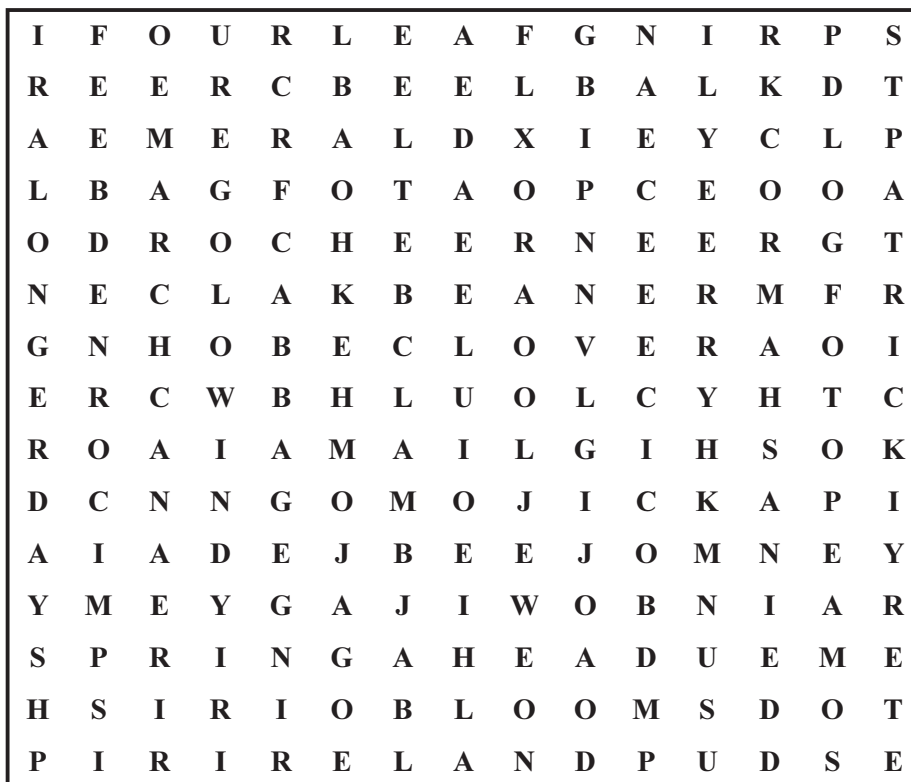
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10AM Parkinson's Support Group	2 11:30AM Nutrition Club	3
4	5 2-6PM Upscale In- take Night	6 10AM Caregivers Support Group	7	8 9AM Men's Group	9 11:30AM Nutrition Club 6:16PM "Friends" Corned Beef Dinner/ Dance	10
11 	12	13	14 10AM Bereavement Support Group 1:00PM Red Hat Lunch @ Shawsheen Tech	15 8:30AM Foot Care Clinic	16 11:30AM Nutrition Club 7PM Silvertones	17 
18	19 10AM MS Support Group	20 	21 12:30PM COA Board Meeting	22 9AM Men's Group	23 11:30AM Nutrition Club	24 9AM-2PM "Friends" Giant Yard Sale
25	26 10AM Sen L'Italien Office Hours 12PM DJ Dance	27 9:30AM State Rep Miceli Office Hours 10AM Brown Bag Distribution	28 9:00AM Hearing Clinic	29 Trip; Wax Museum 9:30am departure	30 11:30AM Nutrition Club 12:00-2:00PM	31

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**





MARCH WORD SEARCH



BEER
BLARNEY
BLOOMS
BUDS

CABBAGE
CLOVER
CORNER BEEF
EMERALD
FOUR LEAF
GREEN
IRELAND
IRISH
JIG
LAMB
LEPRECHAUN

LION
LONGER DAYS
LUCK
MARCH
POT OF GOLD
RAINBOW
SHAMROCK
SPRING
SPRING AHEAD
ST PATRICK
WINDY



Prizes for Our Readers

Find a mistake in this news-letter and you could win a prize! Enter your name and the mistake you found into the container at the help desk by March 21st.

February winner
George Yore

Good Catch on last month's word search.

Thanks for playing.
See Diane in the office
for your prize.

Answers to last month's Sudoku

2	3	6	5	4	8	7	9	1
7	1	5	9	2	3	4	8	6
8	4	9	1	6	7	2	3	5
3	5	2	4	8	6	1	7	9
4	9	7	2	1	5	3	6	8
6	8	1	7	3	9	5	2	4
5	7	3	6	9	1	8	4	2
9	2	8	3	5	4	6	1	7
1	6	4	8	7	2	9	5	3

Sudoku puzzles; www.puzzles.ca/sudoku.html

GUESS HOW MANY?

Try counting the number of SHAMROCKS sprinkled throughout this month's newsletter. Can you find them all? Hint: They may not all be green. Guess the correct number and you will be entered to win a prize! Drop entries in the jar at the help desk by March 20th. Good Luck!

Winner for February is Betty Molvar/33
Well done! See Diane for your prize.



Sudoku

The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and

	4					3		9
9		3	7	5				8
8			3		1		4	
					5			
	8			1				6
5							2	3
	6		5	8	2		3	
			6				7	5
					9		8	2

Red Hat News, Submitted by Diane Joy

Happy SPRING! Welcome March!

Here are some events coming your way.

March 14, Shawsheen Tech HS Lunch, 1:00 PM
Pay on your own. Please see notices posted at the Senior Center.

April 18, Paint Night, 6:00 PM, Cost: TBD
More info to follow.

May 21, Southwick Zoo, Time & Cost: TBD
Please bring your own picnic lunch! Water and snacks will be provided (only). This is going to be a WALKING event. Please wear your comfortable shoes, and bring your walkers, if needed. Don't forget your cameras!

Memorial Day Parade: 5/25/18 – decorate float, 5/28/18 – Parade
We need volunteers to help decorate the float!!
Please sign up (when the time gets closer) to help. It is appreciated!

June 20, (possible) Gloucester Schooner Trip,
Time & Cost: TBD
Take a sail on a Schooner and let's show them our Red Hat spirit! (More info to follow).

Please contact the Queen Mother or any Board Member if you know of a Red Hat Sister that may be ill or has undergone surgery. A card can be sent with all of the Red Hat Carnation Belles' best wishes in it!

Golden Age Club News, Submitted by Nancy Zabawa

The next LCR will be held on March 30th. Please sign up. We had lots of people and lots of fun at last month's. We are glad you are all still enjoying it. There will be a brunch function on April 13th. See a GAC Board Member and check the GAC Bulletin Board for further details. More info will be available in the April Newsletter.

Elections will be held at our May meeting. The sign up sheet will be on the bulletin board if you are interested in serving on the board.

Yearly dues are due and begin April 2nd. The membership dues are very important as they allow us to be as philanthropic as we can be.

Friends of the Elderly, Inc., Submitted by Linda Brabant

A hearty thank you is extended to all those who helped with the Friends Valentine Dance. Your assistance is very much appreciated. The "Special Couples" honored at the Dance were: Dick & Mary Forsyth married 60 years; Jim & Jackie Walsh also married 60 years; and, Peter & Lucille McCoy married 52 years. Each couple was presented a Citation from State Representative James Miceli and the House of Representatives.

The next Friends Social will be the St. Patrick's Dinner/Dance of Friday, March 9th. Dinner will be served at 6:00 PM followed by dancing to the sounds of the D B Orchestra from 7–10 PM. Tickets must be purchased prior to the event and may be obtained at the Senior Center. It should be noted that "veggie patrol" (vegetable prep for the dinner) will be held on Thursday, March 8th at 1:00 PM. We are in need of volunteers for this task.

A Friends casino day trip to Foxwoods is being held on Wednesday, March 14th. There may still be seats available. The cost of casino trips is \$35 per person and includes: motor coach transportation, a casino package and driver gratuity. The April trip will be Foxwoods which is being held on Monday, April 9th. Tickets will go on sale at the senior center March 19 beginning at 8:15 AM.

The Friends Giant Yard Sale will be held at the Senior Center on Saturday, March 24th from 9 AM to 2 PM. Tables are going fast. If interested one should sign up soon. There will be over 30 Treasurer Tables, a yummy bake table and luncheon specials. The COA Consignment Shop will also be open. Table space is \$20/table or \$35 for 2 tables. Reservation may be made with Kay Maher on Tuesday, Wednesday or Thursday mornings. For more information, contact me at 978-851-4243.

Spring is just around the corner... Happy Spring!

GOD BLESS AMERICA

NUTRITION CLUB with Rachel Marsh, FRIDAYS at 11:30am

What's it all about

- Easy, nutritious meal ideas
- Healthy snacking
- Making healthy choices in restaurants
- Shopping for food on a budget
- Food workshops
- Discuss hot topics in nutrition & food

Free snack provided!



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Important Telephone Numbers for Seniors:

Ambulance	911
Alzheimer's Association	1-800-548-2111
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275
MA Office of Elder Affairs	1-800-882-2003
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Social Security	1-800-772-1213
Tewksbury Fire Department	978-640-4411
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Senator Barbara L'Italien

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Phone: 617-722-2305

Email: James.Miceli@mahouse.gov**Representative James J. Lyons, Jr.**

Phone: 617-722-2460

Email: James.Lyons@mahouse.gov**Elder Services of the Merrimack Valley 1-800-892-0890**

We would like to acknowledge those who have experienced an injury, illness, hardship or loss. If you know of anyone who should receive a card, email Kathy at kwbraelyn@verizon.net or call Jan at the Senior Center 978-640-4480.



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